

Adult Sports

Co-ed Dodgeball League

That fun school yard game you use to play as a kid is even more fun as adults! Games are played on **Wednesdays** at Kirkland Middle School. Matches consist of a full hour of play with 6 team members on each side. The league is an "OPEN" division accepting all levels of play. If deemed necessary, an upper and lower division will be formed.

Team Fee: \$301.13 (includes tax)

FALL	Sept 24–Nov 12	6:45 or 7:55pm	43154
WINTER	Jan 21–Mar 11	6:45 or 7:55pm	43624
SPRING	Apr 15–June 3	6:45 or 7:55pm	43670



FOLLOW US ON FACEBOOK:

www.facebook.com/kirklandsportsleagues



VISIT OUR WEBSITE:

www.kirklandwa.gov/athletics



Adult Volleyball Leagues

The season consists of 7 weeks of regular season play with two weeks of playoffs (one week guaranteed). Games are played at either Emerson High School or Kamiakin Middle School with 7:15pm, 8:20pm or 8:40pm start times (depending on the division).

Team Fee: \$328.50 (includes tax)



Women's Upper Division BB Level

The Women's Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on **Monday nights**.

FALL	Sept 15–Nov 3	7:15 or 8:20pm	43148
WINTER	Jan 5–Mar 15	7:15 or 8:20pm	43599
SPRING	Apr 13–June 1	7:15 or 8:20pm	43669

Women's Lower Division B Level

The Women's Lower Division is for teams with average to intermediate skill level meaning, abilities more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on **Monday nights**.

FALL	Sept 15–Nov 3	7:15 or 8:20pm	43149
WINTER	Jan 5–Mar 15	7:15 or 8:20pm	43600
SPRING	Apr 13–June 1	7:15 or 8:20pm	43665

Co-ed Upper Division BB Level

The Co-ed Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on **Tuesday nights**.

FALL	Sept 16–Nov 4	8:20 or 8:40pm	43150
WINTER	Jan 6–Mar 3	8:20 or 8:40pm	43601
SPRING	Apr 14–May 26	8:20 or 8:40pm	43666

Co-ed Lower Division B Level

The Co-ed Lower Division is for teams with average to intermediate skill level meaning more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on **Tuesday nights**.

FALL	Sept 16–Nov 4	8:20 or 8:40pm	43151
WINTER	Jan 6–Mar 3	8:20 or 8:40pm	43602
SPRING	Apr 14–May 26	8:20 or 8:40pm	43667

Co-ed C Division

The Co-ed "C" Division is our least competitive division that's great for beginners who are learning the rules or those still improving their fundamental skills. Matches are on **Wednesday nights**.

FALL	Sept 17–Nov 5	8:20pm	43152
WINTER	Jan 7–Mar 4	8:20pm	43603
SPRING	Apr 15–May 27	8:20pm	43668

Free Agent Team Co-ed C Division

Are you looking for a team to join? Then you're in luck! We are offering a free agent team for our Co-ed C division of volleyball that will play on **Wednesday nights**. For a flat fee of \$40 plus tax you can join the team as an individual. A minimum of 6 players are needed (minimum of 3 men and 3 women) in order to form the team.

FALL	Sept 17–Nov 5	8:20pm	43153
WINTER	Jan 7–Mar 4	8:20pm	43604
SPRING	Apr 15–May 27	8:20pm	43669

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center,
13029 Redmond-Woodinville Rd NE, Woodinville
Min 6 / Max 12 • 4 classes

Sr Resident \$89 / Sr Non-Resident \$99

Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10–11am	Sept 5–26	42648
Fri	10–11am	Oct 3–24	42649
Fri	10–11am	Nov 7–28	42650
Fri	10–11am	Dec 5–26	42651
Fri	10–11am	Jan 2–23	42652
Fri	10–11am	Feb 6–27	42653
Fri	10–11am	Mar 6–27	42654



OPEN GYM SUNDAYS

One basketball court and three volleyball courts are available. Individuals or teams welcome.

5 to 8pm • Sundays

Location: Kamiakin Middle School
14111 132nd Ave NE, Kirkland

Fall: Sept 7–Nov 16

Winter: Dec 7–Mar 29

No open gym:

Dec 14, 21, 28 // Jan 18 // Feb 1 & 15

Cost: \$4.00 per person

(includes WA State Sales Tax)

Call 425.587.3335 for gym closure info. 18 and older.



Ice Skating ALL AGES!

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Whether you are a beginner or would like to enhance your present skill level, we encourage children and adults to join.

Students divided by skill and age level • Skates provided and helmets highly recommended • Location: Kingsgate Arena, 14326 124th Ave NE, Kirkland • Classes include 30 min. of instruction and 30 min. of practice skating time • Registration deadline one week prior to start of first class • Arrive ½ hour before class to get skates on • Wear warm clothes, jacket and gloves

Fall Classes

Ages 5 to Adult

7 weeks • Resident \$125 / Non-Resident \$150

Mon	6–7pm	Sept 8–Oct 20	42915
Fri	6–7pm	Sept 12–Oct 24	42919
Mon	6–7pm	Nov 3–Dec 15	42916

4 weeks • Resident \$75 / Non-Resident \$90 • No class 11/28

Fri	6–7pm	Nov 7–Dec 5	42920
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Ages 4 to Adult

7 weeks • Resident \$125 / Non-Resident \$150

Tue	10:45–11:45am	Sept 9–Oct 21	42917
Tue	10:45–11:45am	Nov 4–Dec 16	42918

Winter Classes

Ages 5 to Adult

7 weeks • Resident \$130 / Non-Resident \$156

Mon	6–7pm	Jan 5–Feb 16	42921
Fri	6–7pm	Jan 9–Feb 20	42925
Mon	6–7pm	Mar 2–Apr 13	42922
Fri	6–7pm	Mar 6–Apr 17	42926

Ages 4 to Adult

7 weeks • Resident \$130 / Non-Resident \$156

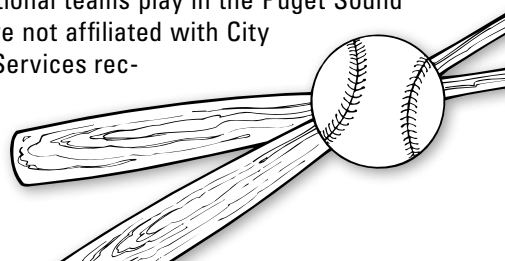
Tue	10:45–11:45am	Jan 6–Feb 17	42923
Tue	10:45–11:45am	Mar 3–Apr 14	42924

SOFTBALL Recruitment IS IN FULL SWING!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2015 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2014! After a long winter break, team players are now dusting off their bats to begin practice in March 2015. Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound

Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

FOR MORE INFO ABOUT men's teams CALL **RICH MILOVICH**
425.827.1109



MOVE IT!

**FOR YOUR BODY
FOR YOUR HEALTH
FOR YOUR SELF**

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!

North Kirkland Comm. Center
12421 103rd Ave NE
Kirkland • 425.587.3350



Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45-minute class could give you a new look without the chisel. We start with a 10-minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

C.D.S.—Cardio, Dance, Sculpt

NEW! Put the fun back into your workout! This class uses easy dance-based moves combined with upper and lower body sculpting exercises. For all levels. It will give you an all in one total body workout. You will leave this class feeling happy and fit!

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

Dance Aerobics

Do you have the urge to go dancing but no interest in nightclubs? Well, this is the class for you! Here is your chance to get fit while learning moves you've always wanted to try, from hip hop to the cha cha. Whether you're a pro athlete or beginner, this class is guaranteed fun and a great cardio workout. So, stop dancing alone in your living room. Come join the party and get your groove on. Let's dance!

Fit & Flex

Fitness and flexibility go hand in hand. Longer muscles become stronger and less likely to injure. Maximize your workout results and keep your body injury free! Start with specialized strength and core conditioning techniques from Pilates, Yoga, Barre, Physical Therapy and more. Then focus on flexibility, symmetry and balance to optimize your results. A relaxing cool down completes your workout and leaves you refreshed. Please bring weights and a mat to class.

Long and Lean

There is nothing like the look of long lean muscles. Using a combination of standing BARRE techniques, ball training and weight bearing exercises, your body will get that long lean look while reducing the risk of injury. Focusing on muscle isolation, tension and balance we will create that elegant look of a dancer's physique.

Low-Impact Aerobics

Start your day out right. This class is designed for people of all ages and fitness levels. Come join the fun fat burning, muscle toning, keep-it-moving class! Please bring a mat and large towel to class for floor work. Good for all ages.

Power Hour

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!



**STILL MORE AFFORDABLE THAN
YOUR LOCAL FITNESS CLUB!**

FALL 2014

All classes on this page included with your
Move It! Pass: Resident \$114 / Non-Resident \$136
To register use class #43622

Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Vinyasa Yoga

This is a fun active flow class that will leave you feeling rejuvenated and relaxed. It is a series of postures where you learn to sync movement with your breath. You will increase your flexibility, build strength and improve your balance. All ages and levels welcome, as this style encourages students to work at their own level of fitness.

Zumba®

Join us on Monday and Thursday evenings and Saturday mornings. Zumba® is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

Zumba® Step **NEW!**

Take lower body workouts and calorie burning to new heights with Zumba® Step, the newest Zumba® dance-exercise class. Tone and strengthen glutes and legs with a gravity-defying blend of Zumba® routines, sizzling Latin music and step aerobics. Enjoy maximum results without losing the easy-to-follow fitness-party!

MORNING CLASSES

14 weeks // Sept 8–Dec 20 // No class Oct 31, Nov 11, Nov 24-29

DAY	CLASS NAME	TIME	INSTR.
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	C.D.S. – Cardio, Dance, Sculpt NEW!	9:15–10:15am	Carrie
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

14 weeks // Sept 8–Dec 20 // No class Oct 24, Nov 10, Nov 24-29

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Fit & Flex	7:25–8:15pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Zumba® Step NEW!	5:30–6:15pm	Joleen
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Vinyasa Yoga	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

Ages 16 through adult /// Passes are available at any time during the quarter at full price /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question.

MOVE IT!

WINTER 2015

All classes on this page included with your
Move It! Pass: Resident \$98 / Non-Resident \$117
To register use class #43623

MORNING CLASSES

12 weeks // Jan 5–Mar 28 // No class: Jan 19, Feb 16

DAY	CLASS NAME	TIME	INSTR.
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	C.D.S. – Cardio, Dance, Sculpt NEW!	9:15–10:15am	Carrie
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

12 weeks // Jan 5–Mar 28 // No class: Jan 19, Feb 16

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Fit & Flex	7:25–8:15pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Zumba® Step NEW!	5:30–6:15pm	Joleen
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Vinyasa Yoga	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

Jane's early morning workout classes offer total body workout with strength, stretch, and aerobic exercise. A variety of music, alternative options, enthusiasm, friendship, and the rest of the morning free! //

— Christi W.



Ages 16 through adult /// Passes are available at any time during the quarter at full price /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question.



Congrats to our 5K participants!

Run for Your Life! **NEW!**

Have you thought of doing a 5k and don't know where to start? Have you tried to train on your own and lacked motivation? Do you walk regularly and are now ready to start adding running to your workout? This 10-week running class starts out slowly and gives you time to work up to running 5k. Classes begin with a warm-up of a brisk walk followed by a run/walk session. Each class will end with a tip session on informative topics such as nutrition, injury prevention, form, stretching and mental preparation.

Instructor: Melissa Graham (Marathon Maniac!)

Location: Heritage Hall, 203 Market Street, Kirkland

10 weeks • No class 11/11 • Resident \$99 / Non-Res. \$119

Tue	7-8am	Sept 9-Nov 18	43527
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Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? Learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. A great class to take with a friend! Bring a light lunch or snack, and a water bottle.

Instructor: Joann Factor • Location: NKCC

Resident \$107 / Non-Resident \$127

Sat	11am-4pm	Dec 13	43526
Sat	11am-4pm	Jan 17	43626

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

Wear athletic shoes • Location: PKCC

Tuesdays 4 classes • Instructor: Joan Wilde • No class 11/11

Resident \$35 / Non-Resident \$42

Tue	10:30-11:30am	Sept 2-23	42932
Tue	10:30-11:30am	Oct 7-28	42933
Tue	10:30-11:30am	Nov 4-Dec 2	42934
Tue	10:30-11:30am	Jan 6-27	42942
Tue	10:30-11:30am	Feb 3-24	42943
Tue	10:30-11:30am	Mar 3-24	42944

Thursdays 4 classes • No class 11/20, 11/27, 2/19 & 3/26

Resident \$35 / Non-Resident \$42

Thur	10:30-11:30am	Sept 4-25	42935
Thur	10:30-11:30am	Oct 2-23	42936
Thur	10:30-11:30am	Oct 30-Dec 4	42937
Thur	10:30-11:30am	Jan 8-29	42945
Thur	10:30-11:30am	Feb 5-Mar 5	42946
Thur	10:30-11:30am	Mar 12-Apr 9	42947

Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

Location: PKCC

Mondays 6 classes • No class 12/29 & 2/16

Resident \$60 / Non-Resident \$72

Mon	5:30-6:30pm	Sept 8-Oct 13	42789
Mon	5:30-6:30pm	Oct 20-Nov 24	42791
Mon	5:30-6:30pm	Dec 1-Jan 12	42792
Mon	5:30-6:30pm	Jan 26-Mar 9	42795
Mon	5:30-6:30pm	Mar 16-Apr 20	42797

Wednesdays 6 classes • No class 12/24 & 12/31

Resident \$75 / Non-Resident \$90

Wed	5:30-6:45pm	Sept 3-Oct 8	42788
Wed	5:30-6:45pm	Oct 15-Nov 19	42790
Wed	5:30-6:45pm	Dec 3-Jan 21	42793
Wed	5:30-6:45pm	Jan 28-Mar 4	42794
Wed	5:30-6:45pm	Mar 11-Apr 15	42796

**See page 59 for more
Daytime Yoga classes!**